

HEALTH, HEALING
AND
RECOVERY
BY MEANS OF
HIGH-FREQUENCY

An Introductory Booklet for High-Frequency
Treatment of the Sick and the Healthy

Written in
consultation with members
of the medical profession

Some of many TESTIMONIALS

received from clients are published in the following.

Originals will be produced on request.

30 Tintern Road,
Ashfield.
18th August, 1941.

Mr. Julius Platus,
349 Livingstone Road,
Marrickville.

Dear Mr. Platus,

I feel it my duty to write to you to say that in using the High Frequency apparatus we had bought from you I myself as well as my family have obtained the most remarkable success in the treatment of various ailments and diseases such as Rheumatism, Catarrhs, Sleeplessness etc.

After two years during which I have used the apparatus I am now convinced that every family should possess such a machine for their benefit.

Thus having used the apparatus with complete success in many cases of illness I cannot but express my appreciation and gratefulness by recommending it to all our relatives and friends who I trust will find it as satisfactory as I did.

I shall always be thankful for your suggestion to have this apparatus at home and I hope you will be able to supply many sufferers with it for their benefit.

Yours sincerely,
(Sgd.) J. Wrobel

85 Spencer Road,
Cremorne.
30/9/41.

Dear Mr. Platus,

"..... how I am getting on with your Violet Ray Apparatus. It is certainly a great boon to me and others. My Dermatitis is improving and my local Dr. says it's a splendid thing for anyone to have, who like myself cannot go out much. Then again you may remember Miss Hutton; well, I am treating her for Neuritis of ankles and neck. She is greatly pleased at results. Mrs. Philpott whom I treated after a treble break of ankle also tells me her Dr. at N.S. Hospital remarked how much better she had got on than most such cases. She told him of my treatment and he was amazed. Of course I could do nothing for her for 3 months until the plaster came off. Then she managed to hobble along here and yesterday and Sunday her daughter (who is in the Air Force) a girl of 19 got writer's cramp from her studies at Morse Code etc. She has had 2 treatments and it's keeping her. So in the whole I think it is a real necessity for many ills."

.....
(Sgd.) Mrs. A.C. Shaw

By the way I never charge for treatments and hope when our boys return from the front to treat any of them that need it.

7a Garfield St.,
Five Dock 11th Oct. 1941.

Dear Mr. Platus,

It gives me much pleasure to inform you that the use of the "High Frequency Violet Ray" apparatus you supplied me with about two years ago has proved very beneficial to my health in general.

As I told you at the time my hearing was affected but now is almost normal. I also use the apparatus for indigestion & rheumatic pains like sciatica etc. but most of all is the improvement to my

nervous system, I now enjoy a good night's sleep. I am grateful for your constant attention.

Yours faithfully,
(Sgd.) K.C. Knispel

Nov. 2nd
201 Russel St.,
Toowoomba.

To Mr. Platus,

Dear Sir,

" I was over at Mr. Baltzer's place one night last week, & he showed me your Violet Ray machine, which has almost cured Mrs. Baltzer who had Rheumatics in her ankle, I would very much like to buy one of those machines as I have Arthritis in my hands, but I am ...
....."

Yours faithfully,
(Sgd.) Mrs. P. Muller

Anada Flats,
Elanora P. O
Palm Beach.
Jan. 1, 1943.

Mr. J. Platus,

Dear Sir,

Yours of the 30th Dec. to hand. Re Violet Machine. It is not myself that it is required for, it is for Mrs. Koehler, her blood pressure is at times very high, and about 4 weeks ago she lost the sight in her right eye, the specialist reports a clot of blood in the veins behind the eye itself. The Specialist and Dr. that attended her did not give much hope of a recovery of much sight if any. As we have a home here where we are living at present also another home

on the Farm at Yamsien via Dally, in this place we have the City Electric Light, on the Farm we have no electric light, so is the Violet Ray plant convertible from Electric Current to Battery Current?

Mrs. Koehler and I examined your Violet Ray Machine when on a visit to Mr. R. Schurman and were satisfied as to its efficiency. And am quite satisfied as to all that is claimed for your Plant. And if your Plant can be converted from Electric Current to Battery Current I am prepared to purchase. If that suits you, you could come here from Brisbane in the early train, co-ordinated ticket from"

Trusting to hear from you,

I remain,

Yours faithfully,
(Sgd.) W. Koehler

"Orchardleigh",
Nelson Road,
Yennora, via Fairfield.

Mr. Platus,

Dear Sir,

Mr. Majan, of Dundas, has given me your address, and he advised me to write to you, with reference to certain Electrical Appliances, similar to those he has himself, my wife has suffered for a long time with Rheumathoid Arthritis. Mr. Majan thinks the machine might prove a success in curing or at least in relieving the complaint.

Could you arrange for a demonstration, with a view to my purchasing. If so, please let me know at your earliest convenience.

I remain,

Yours respectfully,
(Sgd.) H.E. Daniel.

On 12th January, 1943 Mr. Daniel wrote the following letter after having purchased the apparatus:

Dear Sir,

"..... The treatment seems to have given Mrs. Daniel a lot of relief so far, and we are hoping for further good results in the future.
....."

I remain,

Yours respectfully,
(Sgd.) H. E. Daniel

Ruthven Street,
Toowoomba,
Feb. 16th, 1943.

Dear Mr. Platus,

I've been using your High Frequency Apparatus for the past twelve months and I can not praise it enough. Previous to using your apparatus my wife and I tried all cures for Arthritis and Rheumatism but with no success, and much loss of rest and sleep. Then I bought one of your famous sets and we got almost instant relief and continue to get good results. I've recommended it to all my friends and you can use this letter as a testimonial if you wish.

Yours faithfully,
(Sgd.) H. Andronicos

82 Dunellan St.,
Greenslopes,
19-2-43.

Mr. Platus,

I wish to thank you for the benefit I have received since using your apparatus.

I have used it for the past eight months and have had more benefit from it, than years of Dr's treatment for neuritis in my hands and arms.

We have also found the apparatus very

good for various other complaints in the family.

Yours sincerely,
(Sgd.) Mrs. W. Cooper

St. Ruth via Dalby,
Feb. 20th

Mr. Platus.

Dear Sir,

I am writing to you re Ultra Violet Ray machine purchased from you some time ago. All I can say is this. The machine is as good and better than you said it was. My wife swears by it and said it would be the last thing she would part with. Work now is no trouble to her. I myself suffered with bleeding piles, used the machine three times and haven't had them since. I had a servant girl who suffered from nose bleeding used the machine on her three times and the next day she said she could blow her nose without making it bleed. Hoping there are more sufferers about that will hear about this machine.

I remain,

Yours truly,

(Sgd.) H.R. Schurman

N.B. It was the best days work ever I done when I purchased that machine.

Box 75,
P.O. Toowoomba.
20th February, 1943.

Mr. J. Platus,
SYDNEY.

Dear Mr. Platus,

Just a few lines to let you know that it is fifteen months since I purchased the Violet Ray apparatus, and I find it very beneficial indeed. When

I think four years ago the Doctors would not allow me to chop wood or push a lawn mower climb hills or stairs on account of Heart trouble (Angina) now I am pleased to say I am able to do the lot. I was also a great sufferer with Lumbago, having to have Morphia injections as it was so acute. Now I treat the Lumbar region a couple of times a week and I am glad to say I went through the last winter without the least sign of an attack.

I have also treated an old gentleman eighty-three years of age for badly wrenched muscles in his shoulder, the result was wonderful, he could not raise his arm and he was cured in six treatments.

I also treated a returned soldier who had trench feet badly swollen and whom the doctors had in bed for three weeks after eight treatments he was able to get in his car and do a five hundred mile trip on his business as a traveller. I have also seen the machine used on rheumatic and arthritis cases with wonderful results. I have no hesitation in recommending it to anyone I would not be without it.

I am,

Yours faithfully,
(Sgd.) J.P. Hutchison,
99a Bridge st. Toowoomba Q.

10. Mary St.
Toowoomba, Qsld.
20/2/43.

Mr. J. Platus,
349 Livingstone Rd.,
Marrickville.

Dear Mr. Platus,

Your Electro-Medical-Apparatus done great wonders in curing my wifes Rheumatism. I myself suffered greatly with Sciatica and am now cured by

using your apparatus.

I can honestly say that we would not be without one now after receiving such great benefit by the use of your apparatus.

You are at liberty to make full use of this statement.

With kindest regards from us all,

Yours faithfully,
(Sgd.) M. Baltzer

Palmerin Street,
Warwick.
22nd February 1943.

Mr. J. Platus,
349 Livingstone Road,
Marrickville,
Sydney.

Dear Mr. Platus,

Just a friendly note to let you know how we have been progressing with the apparatus. It is approximately twelve months since we received it and commenced treating Patrick.

We feel he has responded very well, although you have explained his case will require many years of treatment. He is much stronger and more robust since the treatment began and we feel sure the apparatus is responsible.

We have also used it for colds and headaches and found it most successful.

Kindest regards and best wishes from Mrs. Skehan and myself.

Yours faithfully,
(Sgd.) D.J. Skehan.

7 Russell St.,
Toowoomba, Q.
Feb. 26th 1943.

Mr. J. Platus,

Dear Sir,

It gives me the greatest pleasure to be able to inform you that my little boy Billie who has been suffering from infantile paralysis in the right leg is having beneficial results from the use of the Violet Ray apparatus which we purchased from you about 9 months ago.

My wife who is suffering from heart trouble and nervousness is also having good results from the treatment.

As for myself I feel sensibly better and more energetic than for years, thanks to the apparatus.

With kindest regards,

Yours faithfully,
(Sgd.) Wm. Becker

No. 17 Clemton Ave.,
Clemton Park,
Earlwood, N.S.W.
7th March, 1943.

To Mr. J. Platus,

Dear Sir,

I have pleasure in writing you upon the results I have had in the use of your Ultra Violet Ray Apparatus. I have used it with great benefit in cases of Influenza, in the relief of severe headaches, Catarrh of the Ears, and also upon my father who is 85 years of age in the case of stomach trouble

and wind rupture, I also used upon a friend of mine who had been under treatment with electric needles upon a sore upon his jaw which was gradually eating his jaw away. I may state that the Electric needles did not do him any good, after using the apparatus upon him for six months it was completely healed. Since using the apparatus my hair has started to grow again upon my head. I have also used it upon my children, my youngest daughter Betty could not attend school owing to lacerated face muscles, her jaw kept dropping out of its socket and she was attending hospital for some time with no results. After a few treatments with the machine the trouble was overcome.

Another case I treated was a Mr. Skelly of Campsie who had been under treatment for three months by both the hospital and his doctor for sciatica and neuritis, after two weeks' treatment he was quite well again.. I may add that the doctor and hospital treatment had no results upon him, yet after two weeks' treatment with the apparatus he was quite well again.

May I also add that my nerves are now a 100% for I was a bundle of nerves before using the machine. I am writing this to let you know the results of the machine if used according to your Directions and Instructions. I have given treatment to many of my friends with beneficial results; it is a great pity that there is not a Ultra-Violet-Ray in every home, as I feel sure that the Doctors would be saved a great deal of minor attendances, and a great saving of their time for more serious cases as people could give themselves home treatment in cases of Rheumatism etc. You may use this letter in any way you deem fit. I hope I am never without the machine as I know the wonderful work it will do.

I am, Sir,

Yours faithfully,

(Sgd.) V.E.J. Burfoot.

14 Wyndham St.,
Toowoomba,
March 8th, 1943.

Dear Mr. Platus,

I am just dropping you a line to let you know how pleased I am with your Electro-Medical Apparatus.

My wife has had heart trouble from childhood and right through life the trouble seemed to become worse as time went on. She suffered a lot from heart attacks which naturally left her in a very weak state of health.

After she had treated herself with your apparatus for a few months her heart became almost normal, she can now do her house work and also quite a lot of gardening.

I myself met with an accident to my back many years ago and suffered quite a lot and after treating myself I have received much benefit and can do my daily work also I may make mention of my son who had ear trouble for some time and could not get relief so he decided to treat himself with the Apparatus, after a few treatments he got wonderful relief and to his surprise his hearing was restored and has been good ever since.

I have had two years of practical experience with your apparatus and know of its benefits in the home. I would not like to be without it as it is a friend in need and a friend indeed.

Yours sincerely,
(Sgd.) Chas. Wecker.

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WHAT THE VIOLET RAY (HIGH FREQUENCY CURRENT) IS.

The Violet Ray High Frequency Current, or as it is more commonly called, the "Violet Ray," is a new phase of Electricity. It is applied to any part of the human body without pain, muscular contraction or disagreeable sensation of any kind. The electrical oscillations representing the High Frequency Current follow each other with such tremendous rapidity that they outspeed our nervous sensibility; we do not become conscious of their presence; in other words: our nerves are insensitive to the electrical oscillations of the Violet Ray. The Violet Rays are pleasing, and though most stimulating and highly invigorating to the entire system, nerves or muscles, cannot record the presence of their great power.

WHAT VIOLET RAYS DO.

Violet Rays or High Frequency Currents benefit all living matter. Through the glass vacuum applicator light, heat, electric energy and ozone are created. These forces are uniformly potent in relieving and eliminating human ailments. Violet Rays present a remedy upon which we can rely. They are positive and certain in action. They will reach where medicine does not, and often cannot - yet they cause no pain, no disagreeable sensation or discomfort. They furnish a soothing relief. They destroy germs and have a strong power over infection. A Violet Ray treatment is the surest method of relieving pain. Applied to that part of the body where the pain is severest, the rays and High Frequency electrical discharge penetrate every cell, tissue and organ and tranquilize and soothe. They build up the forces of nutrition and general health. Violet Rays will stimulate and strengthen the vital organs, develop the body and steady the nerves, spraying thousands of volts of High-Frequency electricity into any weak, sluggish or painful organ or muscle, purifying and causing the flood of warm, rich blood to surge through the treated part.

VIOLET RAYS FOR WELL PEOPLE, TOO.

Even if you are at present strong and well in every respect, the use of Violet Rays will be of immense benefit to you. They provide a stimulation to which a healthy body immediately responds. They safeguard you against the coming illness and reduction of vitality.

ON USING AND STARTING THE HIGH-FREQUENCY APPARATUS.

Using the high-frequency apparatus.

As the high-frequency apparatus is not connected to earth, its use is absolutely without danger. Consequently, there need be no anxiety in handling the apparatus for the first self-treatment. Confidence soon follows, and the correct use of the apparatus becomes a matter of course.

Starting the high-frequency apparatus.

High-frequency appliances can be plugged to any lighting installation and can be used with either direct or alternating current. All that is necessary is to see that the apparatus is adapted to the voltage used.

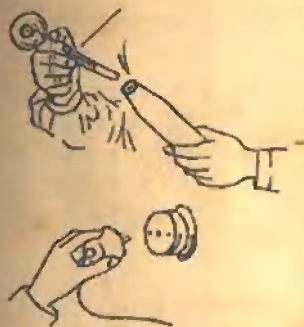
Before starting:

First make sure that the voltage stated on the apparatus agrees with that in use in the house.

Starting the apparatus:

1. The electrode to be used at the time is carefully inserted in the handle with a slight turning movement.
2. The flex is connected to a plug bracket. Should none be handy, use a screw attachment.
3. Take hold of the handle with the left hand and place the electrode firmly upon the part of the body to be treated, or upon some other object, so that in any case the current may be deflected.

4. With the right hand turn the regulating-knob slowly and gradually to the right until violet rays are visible in the electrode. If stronger current is desired, turn the regulating-knob still farther to the right. Treatment should always begin with the current weak, increasing as you go on. In almost all cases it is not correct to assume that the stronger the apparatus is adjusted the stronger will be the effectiveness.



5. Each particular treatment must be in accordance with the times of treatment stated in this book. Between the treatments the apparatus must be switched off and allowed to cool down.

After treatment:

1. The regulating-knob is turned back to the left until it buzzes.
2. The flex is pulled out of

the plug bracket.

3. The electrode is taken out and cleansed as directed in the appendix on "Electrodes".

General remarks:

1. The apparatus must never be connected to an electric supply of voltage other than that indicated on the apparatus.

2. The apparatus must always only be connected when the regulating-knob is turned full round to the left.

3. Always avoid any sudden or violent regulation of the apparatus from weak to strong.

4. An electrode must be on the apparatus before the current is allowed to run through it, or with the electrode resting on some part of the body or on some other object, so that the current may always have an outlet.

5. Take care that the apparatus is not accessible to unauthorised persons not acquainted with the handling of it.

6. If the above directions are exactly carried out every good apparatus can be expected to fulfil continuously the demands placed upon it. It will then have an almost unlimited lifetime, and will always give satisfaction.

Pay special attention to:

Switching on: Always slow and gradual.

Switching off: Short and sharp.

GENERAL REMARKS ON HIGH-FREQUENCY TREATMENT.

On starting the apparatus, one should not come in contact with electric or telephone wires, or metal and similar objects. Although no consequences can be caused thereby, prickly sparks may possibly flash across now and then, causing alarm or an unpleasant feeling.

Not to be used in damp rooms; remove metal ornaments.

Treatment with the high-frequency apparatus is most successfully applied in well-ventilated rooms. Under no circumstances should the room be very damp or filled with water-vapour (as in bathrooms); see also that the floor is dry. The skin must be rubbed dry before treatment; wet or perspiring places on the skin are not suitable for the treatment. Metal objects, such as rings, chains, earrings, hairpins, are best taken off before treatment.

Increase the current gradually.

Generally it will be found pleasant to begin every treatment with weak current, and only gradually apply the prescribed strength. In this matter, each individual must be guided by his personal stronger or weaker sensation.

If it is desired to apply a particularly weak current, especially in treating the eyes, ears, and nose, one or more fingers should be placed on the neck of the electrode.

to serve as a conductor, so that the current may not work fully.

What must be observed in treating the hair?

Hair-treatment must not be undertaken immediately after washing with alcoholic hair-washes and shampoos, as otherwise the danger might arise of the alcoholic vapours remaining in the hair catching alight.

Note also the remaining instructions.

Many illnesses arise in consequence of an unsuitable mode of life. High-frequency treatment cannot, where that is the case, remove the violation of natural laws. An improvement can therefore never be looked for unless the old habits are given up. Attention must accordingly be paid to the remaining instructions for treatment, and in this way the goal will be reached more quickly and more surely.

INTRODUCTORY REMARKS ON HIGH-FREQUENCY TREATMENT, for the sick and the healthy.

That surprising successes are obtainable with high-frequency is confirmed by doctors who make a serious use of high-frequency in large practices. It is of course impossible within the limits of this pamphlet to discuss high-frequency treatment exhaustively and to present a complete exposition of its manifold successes. We must rather confine ourselves to giving here only brief introductory remarks regarding the treatment of diseases and complaints, the course and curing of which can be favourably affected by high-frequency treatment. This pamphlet makes no attempt whatever to play a part which it is not intended to play. We have no intention of taking the place of the professional adviser, the doctor. Go and consult your doctor! He will then take the correct measures for the high-frequency treatment and will supervise the carrying-through of the treatment. Therefore

be prudent and try no tricks! Just as with medicine, high-frequency cannot in all cases be the only means of help. It would be presumptuous to make such an assertion. Anyone, however, who has tested the effectiveness of the high-frequency treatment, and has become familiar with the apparatus, very quickly discovers the many and varied possibilities of its use. Above all, a strict rule must be made of the punctilious observance of a regular course of treatment, which in any case must be begun at the first signs of illness.

Thus the possession of a high-frequency apparatus will bring relief, healing and recovery, and be a cause of rejoicing. The outlay will not have been made at the instance of some passing advertisement, but the money spent will bear manifold interest in the coinage of health, fresh vigour, and new courage to face life!

DIRECTIONS FOR APPLYING HIGH-FREQUENCY TREATMENT.

To put it briefly, the nature of high-frequency treatment consists, firstly, in the production of heat by the current, especially when the electrode is placed upon the body; secondly, by means of the sparks which are thrown off when the electrodes are held at a distance from the surface of the body, special psychological curative effects are set up; thirdly, by indirect treatment the high-frequency currents may be directed through a second person to any part of the body desired; fourthly, by means of high-frequency, applying electrodes shaped specially for the purpose, disfigurements on the skin can be removed, and thus destruction of tissue be effected without bleeding; fifthly, the flow of rays by high-frequency currents can be imparted to the whole body by general charging with the metal electrode or the saturator; and, sixthly, when the high-frequency currents pass into the air ozone gas is given off, which can be used for healing purposes by ozone-inhalation through electrodes specially prepared for this purpose. Thus, one after another, six fundamental methods of applying high-frequency treatment have been established.

1. Treatment by contact. (General form of treatment.)

Treatment by contact, the most frequently applied form of radiation, is direct high-frequency treatment, in which the high-frequency current acts from the electrode in close contact with the skin, i.e., by placing the electrode firmly upon the skin and making slow stroking movements with it: (a) in the case of external parts to be treated, directly upon them; or, (b), when internal parts are under treatment, by means of special electrodes. Both in (a) and (b) the high-frequency current is applied directly to the parts under treatment.

(a) **E x t e r n a l T r e a t m e n t.** This is applicable for removing all kinds of pains of a general character, neuralgic affections, rheumatism, sciatica, and similar complaints. Also for beauty and general physical culture, for smoothing and revivifying the skin, for the strengthening of muscles and nerves, for attacking indigestion and constipation, and for various abdominal disorders, etc.

(b) **I n t e r n a l T r e a t m e n t.** This is carried out with special electrodes which can be inserted into the apertures of the body: for nose, ears, anus, vagina, urethra (in the case of the latter only by the doctor). Such treatment has often shewn amazing results. Thus, for example, certain chronic affections of the nose, neck, and throat, and many others are relieved in this way. In most cases of internal treatment, the particular electrode used is previously oiled and then carefully inserted. Then, and not before, the current is turned on and increased gradually. During the insertion no active movement should be made, as such movements might cause the electrode to break. Insertion into the anus is most conveniently made when the patient is lying on his side with knees drawn up and is breathing deeply through the open mouth. The bowel should have been previously emptied, either naturally or by means of an enema.

2. Discharge of Electric Aigrettes.

(a) **I n l o o s e c o n t a c t w i t h t h e s k i n** (short distance away from the skin). Specially

beneficial effects can be obtained by aigrette-discharge, in which the electrodes are not brought into direct contact with the skin, but are held away from the skin, the distance varying according to personal sensitiveness, and the current is emitted in the form of sparks. In this way, we receive, in especial, a very beneficial skin-stimulation, and the increased accession of blood in the skin thus achieved is soon evident by its favourable influence on the underlying organs and on the local blood-circulation.

(b) T h r o u g h i n t e r p o s e d c l o t h (folded cloth, about $\frac{1}{8}$ in. thick). In order to retain more definitely the advantageous heating effect on the skin, the discharge can be passed through a dry linen (or, preferably, woollen) cloth folded two or three times. One special advantage of this method of treatment is that a still stronger skin-stimulation is brought about, with corresponding good effect upon the more deeply underlying organs.

It is not advisable, however, to carry out the treatment through the clothing, as seams, etc., add to the thickness and thus the length of the sparks is varied. Metal objects, such as buttons, buckles, etc., might also concentrate the sparking upon themselves and then cause severe transmission to the skin.

3. Indirect treatment through a second person.

The procedure with this treatment is as follows: The person under treatment takes the metal electrode or the saturator in his hand, and the current is then switched on. A second person now carries on the treatment by massaging, or stroking lightly with the hands, the parts needing treatment. The high-frequency force is conducted to and in the body of the patient everywhere where the operator places his hands.

It is important that the patient undergoing this procedure should, as much as possible, be safeguarded from conducting off the current, i.e., insulated. This can best be done, for example, by lying on a sofa or bed. In such massaging carried out by a second person, the

high-frequency currents are conducted through the hands of the masseur, and then pass off through his body to earth. At the end of the treatment, the current must first be turned off before the attendant removes his finger-tips from the patient's skin.

Although indirect treatment through a second person has proved itself to be an excellent method of treating various illnesses, it is only to be used for certain definite cases. Some physicians who have often applied this treatment have nevertheless found that some patients feel themselves weakened by it. Nor is it to be used for patients with contagious disease. The latter will find the indirect self-treatment described under no. 5, the so-called "charging" (i.e., an indirect self-treatment without second person), an equally effective method of treatment.

4. Fulguration.

Fulguration is the sudden, sharp discharge of the high-frequency current upon the spot under treatment through the cautery electrode, into the tip of which a small wire is fused. The discharge has tissue-destroying effects, resulting in the removal of disfigurements on the skin, such as pimples, blackheads, warts, freckles, corns, proud flesh, etc.

The cautery electrode has a detachable glass tube over the small wire. During the treatment this tube is so adjusted that the fine point of the wire is withdrawn a small fraction of an inch behind the upper aperture of the sheath. The glass sheath is placed upon the spot under treatment and then the current is turned on. The current is first put on so gently that a very weak but uniform stream of sparks is applied to the spot treated.

The bad spot which it is desired to remove is now treated for a short time until it turns whitish, a sign that the skin-tissue is destroyed. If there are bigger formations, then various spots in them are treated. With fulguration treatment, no bleeding or wounds take place, as in other methods, also the forming of scars is avoided.

5. Indirect self-treatment (Charging).

Indirect treatment is certainly the most successful and effective means of raising the general state of health. It stimulates the cells and the circulation of the humours into more vigorous activity. It causes a general re-energising, strengthening and revival of the cell-tissue, as well as improving the blood and facilitating the circulation of the blood.

The body can also be charged very simply with high-frequency current by holding the metal electrode or the saturator alternately in the one hand and then in the other and turning on the current, increasing it for about 5 minutes. During this treatment sit on a wooden chair with the feet on a wooden stool, so that the high-frequency currents may not immediately run off to earth. In this way the whole body is alternately charged and uncharged, thus imparting a feeling of vigour, strength and comfort. Charging is used in all cases of nervous affections, debility or exhaustion, and also when fagged out, run down, or suffering from insomnia, etc.

6. Ozone-Inhalation.

Ozone-inhalation is carried out with a special electrode, the ozone-inhaler. Inhalation of ozone has produced favourable results and cures in cases of incipient lung-trouble, neck complaints, bronchial catarrh, asthma, and other affections.

There are several kinds of inhalation electrodes. They are divided on the principle of evaporation or, alternatively, spraying. To use the inhaler, pour in the inhalation-oil, insert the electrode into the handle and take hold of the middle of the inhaler with the left hand. With the right hand, pump air through the ozone and oil chamber of the inhaler by means of slow and uniform pressure of the rubber-bellows. The mixture of oil-ozone being pumped out through the mouthpiece of the electrode is now slowly and deeply breathed in. Begin the treatment with increasing current and taking from 5 to 8 breaths, adding to the number gradually. For inhaling it is best to use

eucalyptus oil with 10% menthol or pine-leaf oil. Slow, calm inhaling bring about good effects. The mouthpiece, however, should not be held too near to the aperture of the nose or mouth, but above all is not to be inserted in it. Mixing of the ozone with the above-mentioned evaporated or sprayed oils is necessary, because pure ozone has a corrosive effect upon the mucous membranes, while, in combination with the inhalation-oil, the mixture has a relieving and soothing effect.

DISEASES AND THEIR TREATMENT.

1. Diseases of the organs of movement.

Among diseases of the organs of movement, changes in muscles and joints are peculiarly susceptible to high-frequency treatment; diseases of the bony framework of the body are not all suitable for self-treatment with high-frequency.

RICKETS. This disease is chiefly caused by heredity, malnutrition, and the child's unsuitable conditions of life. The treatment of a disease like this must first deal with the removal of its unsuitable circumstances. The first things to be provided are: a good deal of vegetables and fruit, especially in uncooked form; not much meat and eggs; plenty of air and sun baths. The high-frequency treatment consists of radiation movements over the whole body with the surface-electrode (UE 1, UE 2 or UE 4) twice daily, for six minutes each time, the movements to be made from the neck and from the hands downwards to the heart, and from the feet upwards to the heart. At first weak current is to be used, and medium strength after a week's treatment.

ACUTE ARTICULAR RHEUMATISM, a very painful, feverish disease, passes from one joint to another, first attacking the limbs. In this disease the doctor must be consulted. Food to be dieted, little liquid to be taken. High-frequency treatment as follows: first, careful radiation

of the painful places with the skin-surface electrode (UE 1, UE 2) once or twice daily for seven minutes, using medium current. Later, more energetic treatment with the condenser or the nerve-brush. Occasional morning charging of the whole body.

ACUTE ARTHRITIS arises generally through excitation of tuberculosis, gonorrhoea, syphilis, or it can arise from gout (see later), or as a consequence of blood-poisoning. In addition to the treatment of the original disease prescribed by the doctor, radiate the inflamed joint and the part round it once or twice daily for seven minutes with the surface electrode (UE 1, UE 2), using first weak current and later medium strength. When the symptoms die away, for the second treatment use a massage roller.

CHRONIC ARTICULAR RHEUMATISM can occur in conjunction with acute articular rheumatism, or also be due to catching cold or getting wet through. Treat the joints attacked twice daily for seven minutes with the electrode UE 1 or UE 2, using medium current. In addition, treat the immediate neighbourhood of the joints once daily for five minutes with the skin electrode. Help the return to full mobility by frequent movements, taking care not to put too great a demand upon the joints.

OTHER CHRONIC FORMS OF ARTHRITIS go with stronger discharges of liquid into the cotyles. In their further course, movements are more severely restricted. The cause often lies in a push, fall, or over-exertion, or is due to infection. The high-frequency treatment is the same as for chronic articular rheumatism.

BRUISES are harmless injuries which lead to local blood haemorrhage, and are painful when pressed. Apply damp compresses. For the first few days treat the discoloured or swollen parts of the skin twice

daily for 4 - 5 minutes with the electrode UE 2 or UE 1, with medium current; later, massage-roller.

SPRAINS. First set the injured part immediately in a comfortable position and bind a wet cloth firmly round the joint. The high-frequency treatment quickens recovery and speedily alleviates the pain. Radiate carefully the painful parts twice daily for 4 - 5 minutes with the electrode UE 2 or UE 1, medium current. Should there be a suspicion that a tendon is torn or even a bone broken, the doctor must be sent for at once.

DISLOCATIONS are to be recognised by the altered shape of the joint. Appropriate setting of the bone must be immediately undertaken. After this, the joint must be made comfortable with a damp bandage for a few days; then begin to treat the injured joint and the part around it slowly and carefully by light massage with the electrode UE 1 or UE 2 twice daily for 4 - 5 minutes, using medium current.

MYODYNIA. This may be a matter of diseases of the nervous system, or of the blood vessels, or anemia, etc. The painful part is radiated twice daily for 4 - 6 minutes with the electrode UE 2 & UE 36, and once daily with the massage-roller for about 5 minutes; medium current.

ACUTE MUSCULAR RHEUMATISM arises from similar causes as articular rheumatism and is similarly treated. (electrode UE 2, or UE 1, twice daily for 6 minutes).

LUMBAGO is a form of rheumatism of the loin muscles. Treat as for rheumatism.

TORTICOLIS is rheumatism of the neck muscles. Treatment as for rheumatism.

CHRONIC MUSCULAR RHEUMATISM is much more obstinate. The pain varies in intensity. Hard nodules, very sensitive to pressure, can often be felt in the muscles.

Particular attention must be paid to these in the high-frequency treatment. Radiate them twice daily for 6 minutes, using the electrode UE 1 or UE 2. In addition devote 4 minutes each time to radiating the surrounding parts; medium current.

MUSCULAR DIASTROPHE can occur as a result of inordinate demand upon a muscle and of clumsy movement. Put on a damp bandage and nurse the muscle. Healing is accelerated by high-frequency treatment, which must be undertaken twice daily for 6 minutes with the electrode UE 1 or UE 2, with medium current. Pass the electrode with light stroking movements over the injured spot for 5 minutes each time.



Massage roller.

MUSCLE OVERSTRAIN, following on physical exertion, is treated before going to bed and on arising for 8 minutes with the massage-roller, medium current, as well as with the electrode UE 1 or UE 2 twice daily for 5 - 6 minutes.

UNUSUALLY OBSTINATE RHEUMATISM, SCIATICA, etc. are combated still more energetically with the electrode UE 2 or UE 1 twice daily for 6 minutes.

2. Diseases of the brain and the nerves.

Of the diseases of the brain, only such are here discussed as lead to a limitation of physical activities. Psychological and mental derangements attack the manifestations of the soul and the understanding, and such sufferers need above all psychological treatment; they require suitable attention and supervision.

ANEMIA OF THE BRAIN may be produced by any occurrences leading to a decrease of the total quantity of blood, such as severe loss of blood, etc. The high-frequency treatment consists of radiating the body, in a recumbant position, with the electrode UE 1 and UE 11 for 4 - 5 minutes, once to twice daily, with medium strength, especially the neck and nape, and further the chest and upper part of the back.

FAINTING may occur in consequence of nervous over-excitation, such as excitement, or through unpleasant or repulsive impressions. Lay the fainting person down, open close-fitting garments and allow accession of fresh air. Cool brow and temples, and in certain cases the region of the heart also, with cold compresses. Treatment as for anemia.

CONGESTION OF THE BRAIN is observed in conjunction with inflammatory appearances in the region of the head, such as sneezing or throat catarrh; further, in conjunction with severe mental activity, or excessive physical exertion, and after partaking of coffee or alcohol. Obviously, treatment must presuppose abandonment of the actions causing the trouble. An immediate change is effected by radiation of the spine, abdomen, and thigh with the surface electrode UE 1 and UE 2 for 5 minutes, current at first weak, later medium.

EPILEPSY. By epilepsy is meant an ailment in which sudden, sharp muscular convulsions occur, together with complete loss of consciousness on the part of the patient. In addition to medical treatment, nourishment taken should be unstimulating and sparing in meat, and a good deal of time should be spent in the open air. The high-frequency treatment consists of massage radiation of the body, especially the neighbourhood of the vertebral column and the stomach, with the electrodes UE 1 and UE 2, twice daily for 5 minutes each time, with medium current.

CONVULSIONS. By convulsions we mean the occurrence of epileptic character in infants and small children. Sometimes, only spasms of the glottis and breathing show themselves, the other muscles remaining unaffected. As there is danger of suffocation, the doctor should be called in at once. The high-frequency treatment, however, is to be begun without delay. Place the neck electrode on the region of the larynx and apply weak current for 5 minutes, then for 6 minutes twice daily treat the chest with the electrodes UE 1, UE 2 UE 36, using medium current. Besides this form of the ailment, muscular spasms with loss of consciousness also occur. In this case, treat as for epilepsy when the patient is free of an attack. A third form of the illness attacks hands and also feet. This calls for **IMMEDIATE** high-frequency treatment. Radiate hands or back of the foot with the electrode UE 1, using weak current. After disappearance of the attack, continue this treatment for some months twice daily. In addition to the high-frequency treatment, see that the children spend ample time in the light, air, and sun. The feeding should consist if possible of mother's milk.

HYSTERIA. The treatment of hysterical subjects must be principally psychological. It demands careful and sympathetic appreciation of the sufferer's mental world. But simultaneous high-frequency treatment can favourably affect the sensory disturbances of the skin and the paralysed or cramp condition of the muscular system. For this, we recommend alternate use of the electrodes UE 1, UE 2, or massage roller, with weak current at first, later with medium strength; 4 minutes, twice daily. Treatment should be quite general at least once daily, the remaining time being devoted to local treatment of the disturbed centres.

NEURASTHENIA, NERVE WEAKNESS, NERVOUSNESS. These are among the most widespread complaints in these hustling and tremendously nerve-racking times. Among the

causes are such as physical and mental over-exertion, protracted strain on the emotional life, and an unsuitable mode of life. Before treatment is begun, a thorough examination of the nervous system must be made, so as to prevent the occurrence of any organic change. The high-frequency treatment has a helpful effect. Treat the whole body twice daily; the first time apply the electrode UE 1 or UE 2, the second time the massage-roller. Radiate for 6 minutes from hands, neck, and back of the head over the whole skin, front and back, down to about the navel; along with this, radiate for 2 minutes from the feet upwards to the navel, so that each period of treatment lasts in all 8 minutes. During the first few days use weak current, and only after that medium strength. In the colder period of the year, treat again a third time, applying the massage-roller. From time to time, apply indirect treatment also with the metal electrode, grasping the latter alternately with the right and the left hand.

INSOMNIA. The cultivation of sleep is an important measure for the maintenance or improvement of health. For insomnia do not use soporifics. Before retiring, a light meal, a little walk, a lukewarm bath or complete wash, but, above all, high-frequency with the electrodes UE 1, UE 11 (indirect treatment) or UE 2, using medium current. Radiate twice daily, for 5 - 6 minutes. Calm, deep sleep will soon be again experienced. Avoid stimulants, such as coffee, smoking etc.

HEADACHE AND DIZZINESS. Before beginning treatment ascertain the causes, as otherwise, permanent release from this tiresome and hampering complaint can hardly be expected. **DIZZINESS** is often the forerunner of serious disorders, and when it persists obstinately should lead to early consultation with the doctor. Treat the brow and temples with the electrode UE 1, the head with the comb electrode, the nape of the neck with the neck-electrode or massage-roller. Treat twice daily during five minutes. Use also inhalation electrode. Should the

pains proceed from the stomach, then radiate the stomach with the electrode UE 1 for 5 - 6 minutes, with weak, and later medium, current. The second time treat in the evening and massage with the broad skin electrode the whole body, both upper and lower parts, working always toward the heart; treat for 6 minutes, using medium current. The drainage treatment is also advantageous in these cases.

NERVOUS HEADACHE (MIGRAINE). In contrast to ordinary headache, this takes the form of an attack, and is often accompanied by vomiting. The high-frequency treatment must be carried out regularly every day, and further is of great service during the attack, when the neck should be treated for 5 minutes with the neck electrode and the chest for the same period with the electrode UE 1 or UE 2, using weak current. Daily treatment is to be undertaken morning and evening, applying medium strength current; treat, each for 5 minutes each time, upper and lower parts of the body with the electrode UE 1 or UE 2, making strong strokes towards the heart.

NEURALGIA consists in very violent painful attacks confined to the parts around one or a few nerves. Radiate, in addition to the seat of the pain brow and temples with the electrode UE 1 or UE 2, the neck region and nape with the neck electrode, head and occipitus with the comb electrode; current weak to medium, duration 5 minutes, twice daily.

FACE-ACHE arises often with gout-seed, or in consequence of lead poisoning, etc. Treatment twice daily with the electrode UE 1 or UE 2; for the first 3 days with weak, and then with medium, current; five minutes each time. Continue the treatment after the disappearance of the pain for a further 14 days, and, as a precaution, repeat frequently.

PAINS IN THE CHEST. Chest pains may be not only a consequence of diseases of the pleura, lungs, and heart, but may also arise as an independent form of neuralgia. Should the trouble prove obstinate, confirmation must be sought from a doctor. Radiation of the painful part with the surface or condenser electrode (UE 1 or UE 2) twice daily for 5 minutes, with medium current.

LUMBAGO, SCIATICA. Neuralgia of the hip-nerves is a very troublesome complaint. Pain often increases during attacks to an almost unbearable intensity, and spreads usually downwards from the seat. Radiate twice daily for 5 minutes with the condenser (UE 2) or with UE 1 along the painful nerve from below upward, using, first medium, and then strong current; after a few days, current as strong as possible.

PARALYSIS. In this affliction, high-frequency treatment is applied purely locally and has proved very effective. Except face-paralysis, all forms of paralysis are treated similarly. Apply medium current, and after becoming accustomed to it, allow considerable sparking. Apply twice daily the surface (UE 1) or condenser electrode (UE 2), and on a third occasion each day the massage-roller. Alternately use UE 36. Preferably treat only twice daily, for not more than seven minutes.

PARALYSIS OF FACE-MUSCLES. Symptoms of paralysis on a portion of the face muscles are not infrequent. Most frequently they are caused by catching cold, or by a draught. Treatment for 5 minutes, with the electrode UE 1 or UE 2; medium current.

SPASMS. These are involuntary movements of the muscles. There are two kinds of spasms: those in which there are twitchings, and those in which the muscle remains stiff for some time in a state of tension. Use the electrode UE 1 or UE 2 for 5 minutes twice daily.

CRAMP OF THE FACE-MUSCLES occurs generally as an attack in the form of sudden, sharp twitchings. When free of attack, the freedom of movement of the muscles is completely normal. Radiate the side affected with the electrode UE 1 or UE 2 twice daily for 5 minutes, with medium current.

LOCK-JAW is usually the result of cramp of the masticatory muscles. During the attack, radiate with the electrode UE 1, UE 56 or UE 60 the part of the cheek near the ear, using strong current; during 4 - 5 minutes.

HICCOUGH. This is the consequence of a diaphragmatic spasm. During the attack radiate with the electrode UE 1 or UE 2 during 5 - 6 minutes, with medium current. Treat the lower part of the chest. This treatment is also to be undertaken for spasmodic yawning, laughing, weeping, and screaming.

REMAINING SPASMODIC AFFECTIONS are similarly treated by radiation with the surface (UE 1) or condenser electrode (UE 2) or with UE 11, in close contact with the skin, applying medium current for 6 - 7 minutes, irrespective of the duration of the spasm.

3. Diseases of the digestive organs.

The correct working of the digestive processes is essential for the maintenance of health. Ill-health in one of the digestive organs is never long restricted to itself. Whenever any derangement exists in the disintegration, utilisation, or movement of the food consumed, it soon affects the whole body.

Disorders inside the oral cavity.

MYCODERMITIS. To cleanse the mucous membrane and remove the coating rinse the mouth hourly with lukewarm water. After rinsing, treatment with electrodes UE1, UE 4, UE 23 alternately, twice daily for 3 - 4 minutes.

THRUSH, confined almost entirely to infants, consists of grass-shaped vesicles of fungi on the lining membrane of the mouth. Once a day for 3 minutes external pressure with the insulated neck electrode on the floor of the mouth, with very weak current. (UE 1 or UE 2 twice daily for 2 - 3 minutes).

GLOSSITIS. The tongue swells up, is painful, the general health is upset, and usually there is feverishness. Treat with the electrode UE 23 twice daily for 2 - 3 minutes with very weak current. In addition, you may use once a day for 4 minutes the insulated neck electrode externally against the floor of the mouth, using medium current.



MUMPS. This inflammation of the parotid gland, popularly described under the most varied names, is particularly rife in damp, cool weather, especially in Spring and Autumn. Treat for 6 - 7 minutes twice daily with the electrode UE 1 or UE 2, and UE 4 alternately. Current weak to medium.

High-frequency in
child-nursing.
Treatment of the spine with
the spinal electrode.

TEETH TROUBLE. The treatment of teeth troubles is, of course, a matter

for the specialist, and the treatment necessary should never be put off. In the case of pain arising suddenly, we possess an excellent means of alleviation in high-frequency treatment. Radiate the painful spot externally with the surface electrode UE 1 for 5 - 6 minutes, with weak current. Internally use the electrode UE 54, 55, 56, 57, 58, 59 or 60 twice daily for 2 minutes. For inflammation of the gums or the alveolar membrane use the insulated tooth-gum electrode. Before treatment, clean teeth with toothpaste or chalk precipitate and rinse out the mouth thoroughly.

Disorders of the neck and throat.

In the back of the oral cavity and in the pharynx there lie organs consisting principally of ganglion-like tissue. As the "lymphatic circle" they cover the whole inner surface of the throat.

THROAT CATARRH. The acute form is distinguished from the chronic by the greater redness, swelling, and secretion of the mucous lining. Before treatment with high-frequency, gargle with lukewarm water to which a pinch of salt per glass has been added. Treat 2 or 3 times daily according to the severity of the symptoms. Apply externally the electrode UE 1 or UE 4 for 4 minutes daily and use internally the electrode UE 23. Medium current.

TONSILITIS. The simplest form of tonsillitis is the catarrhal, which is similar in character to throat catarrh and is to be treated like the latter. More serious is the course of purulent tonsillitis, and the doctor should be called in. High-frequency treatment serves to relieve the pain during the violent process of the inflammation

and to expedite the complete cure. Radiate from the outside, floor of mouth and neck with the electrode UE 1 and UE 4 alternately, and use internally the electrode UE 23, twice daily for 4 - 5 minutes, with very weak current.

GOITRE. Treat the sick part with the electrode UE 1 or UE 2; indirect massage of the neck. Use also the electrode UE 4 externally, twice daily for 6 minutes.

Stomach Disorders.

In cases of disorders of the functions of the stomach, it is essential to pay special attention to diet. It is impossible to give here advice of general applicability. A sick stomach must be given the utmost possible care. Take very little liquid; avoid cold and alcoholic beverages, tobacco, stimulants such as coffee, pepper, etc. Unstimulating mixed fare, vegetables and fruit, are good.

ACUTE STOMACH CATARRH. The chief symptoms of acute stomach catarrh are nausea and loss of appetite, often accompanied by vomiting. The high-frequency treatment must be undertaken in conjunction with dieting. Radiate twice daily for 6 minutes the region of the stomach the electrode UE 1 or UE 2 with cap, turning on first weak current and gradually increasing to medium strength, and afterwards treat for 3 minutes each the back and abdomen. (UE 33).

CHRONIC STOMACH CATARRH. Chronic stomach catarrh develops from the acute form if the latter is neglected, or it arises very gradually as a consequence of frequent use of alcohol, tobacco, etc. Treatment consists of strict observance of the above-mentioned general advice on diet. High-frequency treatment as for acute stomach catarrh.

STOMACH DEBILITY, a condition in which the stomach is permanently dilated on account of the diminution of the astrictive power of its muscular strata. Radiate with the electrode UE 1 or UE 2 twice daily for 6 minutes, stomach and back alternately.

NERVOUS DEPRESSION OF THE STOMACH. This is generally a form of difficult or retarded digestion. Usually, in addition to the indigestion, there are evidences of participation of the nervous system in the matter, so that nervous disorder may be suspected. Nevertheless, the treatment should be in accordance with the general advice for stomach trouble, and furthermore that given for nerve weakness. Radiate with the electrode UE 1 or UE 2 twice daily for 6 minutes, stomach and back alternately. Continue this for some time.

STOMACH CRAMP takes the form of attacks of stinging, cutting pains in the region of the stomach. The cause can generally be traced to nerve trouble, anemia, or female disorders. On an attack, immediately radiate the stomach region with the electrode UE 1 for 6 minutes, at first with weak current, and after 3 minutes with medium current. Then treat for some time by radiating with the electrode UE 1 or UE 2 twice daily for 6 minutes, stomach and back alternately.

GASTRIC ULCER. In longstanding or difficult cases, the calling in of medical advice should not be put off. In any case, high-frequency treatment is to be recommended in addition to the special stomach treatment ordered. Radiate back and stomach region twice daily for 7 minutes with the electrode UE 1 or UE 2, with cap, using only weak current.

Intestinal diseases.

Disorders of the intestinal canal are not confined in their effects to the organ affected, but rather, the altered course of the digestive processes caused by intestinal trouble soon becomes evident throughout the whole of the body.

ACUTE INTESTINAL CATARRH. The cause lies mainly in unwholesome constituency of the food consumed. For treatment, we recommend the use of an enema and a period of fasting. Begin immediate high-frequency treatment. If attacks of pain are particularly severe, treat twice a day for 7 minutes, the whole surface of the abdomen with the electrode UE 1 or UE 2. Otherwise treat externally with the electrode UE 1 or UE 2 for 5 - 6 minutes, and internally with the electrode UE 33 for 3 minutes twice daily. Current to be medium strength.

CHRONIC INTESTINAL CATARRH. Chronic intestinal catarrh may remain after acute catarrh has died away, or it may develop as a result of frequent irritation of the intestinal mucous lining. Regulate mode of life, and diet; in the morning, before a meal, and in the evening after a meal, take a cup of hot peppermint-tea. The high-frequency treatment is to be applied to the abdomen twice a day for 5 - 6 minutes, using externally the electrode UE 1 or UE 2. Internally radiate with the electrode UE 33 for 3 minutes



Treatment of the back.

twice daily, using medium current.

COLIC (abdominal pains occurring in attacks; generally they are particularly sharp in the neighbourhood of the navel). The causes are, on the whole, the same as in acute intestinal catarrh. Treatment by injection of tepid camomile (about 85° Fahr.) by means of the enema, followed immediately by high-frequency treatment. At each attack treat the painful part for about 5 minutes with the massage-roller, with medium current. Then treat for some time with the electrode UE 1 or UE 2, with cap, for 6 - 7 minutes, twice daily.

SUMMER CHOLERA (in children). As a child's body has less capacity for resistance, the causes, which in adults lead to harmless intestinal catarrh, may occasion the severe and serious illness which is termed summer cholera on account of its chief symptoms. Treatment is so difficult and responsible that a doctor should at once be called into consultation. In addition, high-frequency treatment may be applied for its soothing effect. Treat the abdomen twice daily for 3 - 4 minutes with the electrode UE 1, using very weak current.

CONSTIPATION. To treat this, it is indispensable to stimulate the functioning of the bowels by a diet abundant in vegetables and fruit. There should be ample physical activity. Treat the abdomen twice daily for 5 - 6 minutes with the electrode UE1 or UE 2; at the beginning apply weak current, making it stronger soon after. Furthermore, twice a day insert the well-oiled rectum electrode (UE 33) into the bowel after it has been emptied either naturally or by means of an enema, and allow weak current at first and then medium to work for 3 minutes altogether. The insertion is most conveniently carried out when the patient is lying on his side with knees drawn up and is breathing deeply through the open

mouth.

HAEMORRHOIDS. Haemorrhoids are knot-shaped dilatations of the blood-vessels of the bowel and anus. Treatment to be the same as for constipation.

Diseases of the liver and gall-ducts.

Diseases of the liver and gall-bladder are difficult for the layman to diagnose, and require therefore medical advice. Still, as a supplementary measure, high-frequency treatment has invariably answered well. Radiate the region of the stomach and the back twice daily for 5 - 6 minutes with the electrode UE 1 or UE 2, applying medium current.

JAUNDICE. Jaundice may easily be recognised by the discoloration of the white of the eye and the skin. The cause must be looked for in inflammation of the gall-bladder or the intestinal membrane, or may be due to obstruction of the gall-ducts from gall-stones. Use indirect treatment by radiating with the electrode UE 11 as well as with the electrode UE 1 twice daily for 5 - 6 minutes. Medium current.

GALL-STONE COLIC. When gall-stones meet an obstacle on their way through the gall-ducts, violent attacks of pain generally occur. High-frequency treatment affords relief. Radiate with the electrode UE 1 or UE 2, with cap, every painful part on front and back for 5 - 6 minutes. Use at first weak current, and after a few minutes medium strength.

4. Assimilative disorders.

To these appertain diseases due to irregularities in the assimilative processes. Their treatment must

consequently first of all consist in eliminating disorders in the body.

OBESITY. Obesity may be due to disorders not easily diagnosed. It often arises on account of rich feeding, and specially through taking excessive liquid nourishment along with insufficient physical activity. High-frequency treatment cannot be successful if such a mode of living continues, but in conjunction with a thorough change of manner of life is of great value. Treat twice a day for 6 - 7 minutes with the massage-roller, applying medium to strong current; radiate the abdomen especially. Use the electrode UE 1 or UE 7 for the treatment under the neck. It might also be advisable to spark-radiate the whole body every third day, especially stomach and back with the electrode UE 1. If there is heart weakness, it might also be necessary to radiate the region of the heart once a day with the heart spiral. Occasional charging with the metal electrode.

GOUT. Treatment of gout must likewise be very thorough and cannot be carried out without advice. In very painful attacks, however, high-frequency treatment affords wonderful help. The high-frequency treatment is applied to the joint and the parts around. Radiate the skin strongly with the electrode UE 1 or UE 2 for about 5 - 6 minutes daily; the second time use the electrode UDE 102, also for 5 - 6 minutes. Once or twice a week radiate the whole body, using medium current.

DIABETES. This disorder of the saccharine assimilation, sometimes of minor, at other times of greater, significance, requires immediate professional treatment. Often there is troublesome pruritus, which is very agreeably alleviated by high-frequency treatment. Treat the itching parts for 6 - 7 minutes twice daily with the electrode UE 1 or UE 2, using medium current.

5. Disorders of the breathing organs.

Ailments of the air-passages frequently receive too little attention and then lead to head-pressure and headache and other troublesome symptoms injurious to health.

NASAL CATARRH is catarrhal inflammation of the mucous membrane of the nose. About twice a day radiate with the surface electrode (UE 1) over the bridge and root of the nose and the brow, each time for 5 - 6 minutes with medium current. Then introduce the nose electrode, well oiled, into the nose, and allow weak current to act directly upon the mucous lining twice daily for 3 minutes. Inhalation would also be advisable.

HAY-FEVER occurs only at the time of grass pollination. High-frequency treatment as for ordinary nasal catarrh. In order to increase future capacity for resisting this unpleasant ailment, undertake twice a day regular treatment, as above, of the nasal membrane with the insulated nose electrode (UE 11).

NOSE BLEEDING. If nose bleeding is of frequent occurrence, undertake regular high-frequency treatment. Radiate the face with the electrode UE 1 and with the electrode UE 7 on the neck, for 3 - 4 minutes twice daily. Use medium current. During the bleeding bend the head backwards and radiate nape of neck and the shoulder.

ACUTE CATARRH of the **LARYNGEAL ARTERY** manifests itself by the voice becoming suddenly husky or hoarse, often quite aphonus. Treat the neck, chest, add back with the neck and condenser electrode (UE 2) for 5 - 8 minutes twice daily with medium current. For this ailment, still further good service is rendered by the ozone-inhaler: 8 inhalations twice a day.

CHRONIC CATARRH OF THE LARYNGEAL ARTERY. The chronic form shews itself by a feeling of dryness and by a tickling in the neck. Treatment as for acute catarrh.



Heart treatment with the Spiral Electrode for heart trouble or after exertion in sport.

in with the mouth.

CHRONIC BRONCHIAL CATARRH may be recognised by longstanding cough irritation, beginning generally in the early morning, but also occurring when there is a rapid change in the temperature of the air. Treatment as for acute catarrh.

INFLUENZA. This ailment, which occurs in the most varied forms, may be advantageously combated by high-frequency. Treat forehead, temples, and cerebellum by gentle radiation with the surface electrode (UE 1). Indirect radiation is also very useful.

ACUTE BRONCHIAL CATARRH is almost always accompanied by a rise in temperature. Prolonged irritating cough and expectoration occur increasingly. Radiate chest and back with the electrode UE 1 or UE 2 twice daily for 6 minutes with medium current; in addition, 10 inhalations twice daily of ozone-inhalation. The inhalation treatment has a particularly beneficial effect upon the course of this ailment. Stronger treatment: radiate the neck with the neck-electrode and place the inhalation electrode conveniently near. Breathe

Use the electrode UE 11 for the indirect treatment twice daily for 4 - 5 minutes. As a secondary treatment, radiate trunk and legs.

ASTHMA. Attacks of difficult breathing. They arise through spasmodic contractions of the bronchial muscles, and occur mostly at night. During the attack place the condenser electrode (UE 2) on the chest, the back and the lungs and allow weak current to act for 5 - 6 minutes. After this, you may treat for a further 5 minutes neck and back with the surface electrode (UE 1), using medium current. For this complaint ozone-inhalation is also very effective; begin with 3 inhalations, increasing daily up to 10 (not more). Do not give up the treatment when free of attacks: radiate chest, back and abdomen for 5 minutes with the surface or condenser electrode.

SWOLLEN GLANDS. Direct radiation of the glands with the surface electrode (UE 1) for a few minutes, with medium current. You may also use the electrode UE 4 and for internal treatment the electrode UE 23 twice daily for 4 - 5 minutes.

6. Diseases of the heart and blood-vessels.

As the heart provides for the circulation of the blood within the body, heart trouble is not confined to itself, but also soon leads to disorders of a general character.

DISORDER OF THE CARDIAC MUSCLES. Impaired blood-circulation due to failure of the heart's functioning. Radiate twice daily with the electrode UE 1 or UE 8 for 4 - 6 minutes, using weak current, and once with the massage roller.

OVERSTRAIN AND WEAKNESS OF THE HEART. Treat the heart region for 5 minutes with the electrode UE 8, using

weak current; after this, radiate from the feet or the pelvis up to the heart once or twice a day for 5 minutes with the surface (UE 1) or condenser electrode (UE 2), with medium current.

NERVOUS HEART-DISORDER (HEART NEUROSIS). The treatment is fundamentally that of the nervous condition; but the advice applicable to heart diseases in general must also be borne in mind. High-frequency treatment as for heart weakness, and in addition occasional charging for 2 or 3 minutes with weak current.

HARDENING OF THE ARTERIES is a sign of age, which, though it cannot be arrested, may be postponed. Manner of life should be extremely temperate, bowel functions regular; constant use of alcohol, tobacco, coffee, etc. to be given up. Radiate once a day for 5 minutes with the surface or condenser electrode the whole body, front and back, always towards the heart; further, occasional charging for 2 or 3 minutes.

VARICOSE VEINS: these are veins in the legs which are distended, stand out bluish, generally tortuous, caused by obstructed blood circulation. Radiate twice daily for 6 - 7 minutes with the electrode UE 1 or UE 2, with cap, using medium current. Later on, with the condenser electrode and massage roller.

BAD LEGS. Treatment as for varicose veins and herpetic eruptions.

7. Anemia and Chlorosis.

In anemia and chlorosis the chief factor is the considerable diminution in the quantity of the red colouring matter in the blood. The main causes are unsuitable food and lack of air and sunshine. Obviously, treatment must first of all give attention to both these points. High-frequency treatment to be applied generally. Radiate the body 3 times daily with the surface electrode (UE 1): the upper part of the body the first time, the second time the lower part; the third time treat the whole body with the massage roller. In addition, ozone-inhalation every second day for $\frac{1}{4}$ to $\frac{1}{2}$ minute, and occasional charging of the whole body for 2 to 3 minutes.

8. Affections of the urinary organs.

These diseases usually develop slowly and have a lingering course; at the outset, they cause only slight general discomfort, such that the sufferer is unaware of urinary disorder.

INFLAMMATION OF THE KIDNEYS. This is to be regarded as serious, and a doctor should be consulted. The process of recovery can be materially accelerated by high-frequency. Treat twice daily the lower parts of the back with the surface electrode (UE 1), later on with the condenser (UE 2), each time for about 5 - 6 minutes, current at first medium, later strong. Or indirect treatment (massage) of the kidney area, in conjunction with radiation with the condenser (with cap).

KIDNEY STONES, the presence of which is first suspected when there is a sudden attack of kidney colic. Consult a doctor. Immediate high-frequency application

for relief of the pain. Radiate especially the painful kidney area with the surface electrode (UE 1), and then also the whole of the side of the abdomen as far as the groin for at least 9 minutes, using medium current.



Radiation of the Kidney area.

RETENTION OF URINE: inability to pass urine. Immediate aid is indispensable; hence the doctor must be consulted. High-frequency treatment is best undertaken with the condenser electrode (UE 2). Place it in the region of the bladder and treat with weak

current for about 11 minutes.

BLADDER-WEAKNESS; BED-WETTING. In order to strengthen the membrane of the bladder, the latter must temporarily be spared, and the flow of liquid to it must be limited to the utmost. Treat twice daily for 9 minutes with the massage-roller, using weak current in the first few days, and then medium strength. After emptying the bladder, move the electrode to and fro in the bladder area, massaging vigorously.

9. Skin and Hair effections.

In the case of long-standing skin disorders, a diet scanty in meat must be adopted and regular high-frequency skin-massage. Radiate with the electrodes UE 1 and UE 15 once or twice daily for 5 - 6 minutes.

SKIN IMPURITIES (Blackheads, pimples, etc.). See under Beauty-culture.

SKIN DISFIGUREMENTS (Freckles, moles, corns, etc.) See under Beauty-culture.

BOILS. By boils we mean acute inflammation of the glands of the skin and hair-follicles. Should numerous boils constantly arise, then we speak of a FURUNCLE; should several boils close together overflow into each other, then we have a CARBUNCLE. In such cases, medical advice should at once be sought. High-frequency treatment is undertaken in the immediate neighbourhood of the boil twice daily with the surface electrode (UE 1) or with the electrode UE 2 or UE 3. Work round the boil for about 8 minutes, applying mild to medium current. Continue this treatment until the boil has come to a head. Generally it will not develop so far, but if it does, it can then be opened. Do this with the cautery electrode, placing its wire-point about 1/20 in. away from the yellowish head of the gathering; then let the sparks act upon this for a very short period. This causes the boil to open and the pus begins to flow out. The operation must be entirely sterile.

ECZEMA, HERPES, PRURITUS. In radiating skin-diseases, it is necessary to wrap the surface electrode in a piece of clean linen, so as to obtain slight fulguration and to impart ample ozone to the skin. A fresh linen cloth must be used for every radiation. Apply

weak current. Use the electrodes UE 1 or UE 2, and the electrodes UE 17 and 17A for 4 - 5 minutes twice a day.

SWELLINGS. Heal the blood by means of ozone - inhalation, in conjunction with radiation of the region around the affected parts with the surface or condenser electrode (UE 1 or UE 2), two or three times daily for 5 - 8 minutes with medium current.

ULCERS. Treat as for Boils.

ERYTHEMA. See under Beauty-culture.

COLD FEET are indications and manifestations of illnesses of various kinds. To achieve a more vigorous blood circulation, radiate legs and feet energetically with the electrode UE 1 or UE 2, with cap, for 6 minutes twice a day.

WOUNDS AND INFLAMMATION ARISING FROM THEM can be favourably affected by high-frequency. Apply the electrode UE 1 or UE 2, with cap, for 6 minutes twice daily.

CHILBLAINS. Radiate the swollen parts twice a day for 4 - 5 minutes with the electrode UE 1 or UE 2, using medium current. After-treatment with the massage-roller.

ALOPECIA, DANDRUFF. See under Beauty-culture.

10. Eye and Ear affections.

It will be obvious that the diagnosis and treatment of such important organs of sense as eyes and ears cannot be undertaken by the layman. Still, there are often discomforts present which may be alleviated and cured by high-frequency treatment.

INFLAMMATION OF THE EYELID. Carefully bathe the eye several times a day with lukewarm camomile-tea. High-frequency treatment: Once or twice daily with the electrode UE 18 for 2 - 3 minutes, using mild current.

STY. Place overnight on the sty a handkerchief damped in camomile-tea. Apply high-frequency treatment with the electrode UE 18 twice daily for 2 to 3 minutes, using weak current, or treat with the cautery electrode.

CATARRH OF THE CONJUNCTIVA. The eye is very red, waters copiously, often emits matter. High-frequency treatment: twice daily for 4 minutes with the electrode UE 18, using weak current.

EAR TROUBLES. To be treated by a specialist. High-frequency treatment as supplementary to the necessary measures prescribed. Use externally the electrode UE 1 or UE 2 for 5 - 6 minutes, twice a day. Internally use the electrode UE 21, by carefully inserting it into the auditory canal and applying weak current. Twice daily for 2 - 3 minutes.

BOILS IN AUDITORY CANAL. Boils in auditory canal are very painful. High-frequency treatment twice or three times a day. Treat with the ear electrode for 3 minutes each time, using weak current.

SEXUAL DEBILITY, IMPOTENCE. Radiate the sexual organs

for about 5 minutes with the surface (UE 1) or penis electrode UE 12, beginning with mild current and gradually increasing. In the case of a female patient, radiate the abdomen with the surface electrode and for internal treatment use the vaginal electrode UE 26, the treatment to be applied by the doctor.

HIGH - FREQUENCY AS AN AID TO BEAUTY - CULTURE .

With the aid of high-frequency application, beauty culture can make extraordinary progress, as well-tried results have already shewn. Treatment consists principally in general attention to the skin, especially that of the face, eyes and hair.

Care of the skin.



The value of skin culture for the maintenance of the health of the body was already known to the ancients, for they devoted attention to thorough care of the skin, especially by exposing the body to the natural requirements for health, viz., air, light and sunshine. Stimulation of skin functions means for the body relief for the lungs, relief for the kidneys, better regulation of blood circulation, stimulus to increased formation of blood, strengthening of the

processes of assimilation, and finally increased elimination of digestive by-products.

Make a habit of regularly treating the whole of the surface of the skin for about 3 - 4 minutes twice daily with the electrode UE 1. For this, supply the electrode with medium-strength current and with it stroke downwards towards the heart. For very loose muscles, use the massage-roller, which must be firmly pressed on. In bad weather and in the cool season this treatment should be undertaken twice a day.

UNHEALTHY SKIN. Food to be dieted; air and sun baths; in winter, vapour baths. Radiate the whole of the unhealthy skin region and its immediate neighbourhood twice daily for 4 - 5 minutes with the electrode UE 1, using weak current, but for skin marked with scars, current should be medium to strong. In addition, purely local treatment with the cautery electrode.

LINES AND WRINKLES on the face are not always signs of age. Radiate the face from the chin upwards, to right and left, once daily for 5 - 6 minutes with the electrode UE 1. Continue this for one week. Then radiate once daily with the electrodes UE 17 and UE 17A for 3 - 4 minutes. High-frequency massage tightens and smooths the skin.

FRECKLES, MOLES. These are irregular agglomerations of the skin pigments. FRECKLES are the size of lentils, dark, and do not stand out on the skin. MOLES project more or less beyond the upper surface of the skin and have a light or dark brown appearance. Treat with the cautery electrode for a few seconds, using medium current, until gradually the places turn white.

SCARS AND PROUD FLESH. Treat as above.

WARTS. Treatment as above, but only until the wart turns white on the top. Longer radiation serves no purpose and may only cause pain. The application of the electrode UE 15 should not last longer than 1 - 2 minutes, once a day. The wart will get dry and come off.

CORNS. Treat as above. Using mild current, spark the corn only until it becomes white on top. Treat very cautiously.

CARE OF THE EYES. For eye-treatment, bathe the eyes with lukewarm camomile at night. Then treat the eyes for 3 - 4 minutes with the electrodes UE 1 and UE 17, once or twice a day. Apply weak current.

HAIR-TREATMENT is to be undertaken daily with the comb-electrode UE 6 for 2 - 3 minutes. Use the electrode UE 11 for indirect treatment. Radiation with weak current. Furthermore, give air and light free access to the hair, wash the latter weekly with good tarsoap, afterwards massaging the scalp for a few minutes with damp finger-tips.

ALOPECIA, DANDRUFF. Where there is considerable formation of dandruff, which is usually followed by falling hair, it is desirable to obtain the utmost possible circulation of blood to the roots. High-frequency treatment is admirably suited for this purpose. Radiate the scalp twice a day for 4 minutes, with the comb electrode, applying medium current.

A WELL DEVELOPED FIRM BUST undoubtedly forms part of the ideal conception of feminine beauty. A course of high-frequency treatment carried out with this aim in view, can be of service in cases

where Dame Nature has been somewhat niggardly. Start with circular radiation around the breasts with the skin-surface electrode, using weak current. At the outset, radiate each breast for about 6 minutes, increasing later to 8 minutes. Keep the electrode in constant close contact with the skin, but do not touch the nipples. After this preliminary treatment, place the hollow-shaped breast-developer electrode UE 9 over the breast and let the current quietly act on the latter for about 1 minute.

AFTER SHAVING. In conclusion, let us refer to the application of high-frequency after shaving. In order to give a soothing effect to the smarting and tightness of the skin often experienced after shaving, dry the skin completely and apply the skin-surface electrode lightly to it. The smarting of the skin will soon subside. The production of ozone occasioned by the treatment will also have a disinfecting effect upon the skin. Further, in cuts, the bleeding can be immediately stopped by sparking with the electrode: this causes the blood to clot at once.

ELECTRODES AND THE CARE OF THEM.

Electrodes are vacuum-tubes which consist of a variously-sided, hollow glass body, shaped to correspond with the particular purpose for which it is used. The hollow space in the glass has been sufficiently pumped free of air for the vacuum to provide the best conductivity for the electric current. When the apparatus is adjusted the current is conducted through weak gas which is enclosed in the hollow glass, and by this means the otherwise very hard effect of the high-frequency current is toned down to correspond with the adjustment of the current. The passage of the electric current through the weak gas is indicated by a strong show of light, which may vary according to the height of the vacuum and the kind of gas enclosed in the electrode.

Cleansing of the electrodes.

The cleansing of the electrodes after use must be carefully and regularly undertaken. Generally it will suffice to rinse the electrodes each time with lukewarm water and leave to dry in the air. In addition, it is advisable to cleanse with methylated spirit every second day. In the case of skin affections, wounds, and infectious diseases, regular cleansing with methylated spirit is essential. Lysol may, of course, also be used.

NEON-Electrodes. As already mentioned, there are electrodes filled with neon-gas, which lights up red when the current passes through. These electrodes, used with weak current, have a strikingly mild radiation, so that in cases of itching, etc. they may be applied with particular advantage. With stronger adjustment, however, they produce a very intensive current. As is well known, the electric current finds in these neon-electrodes much greater conductivity than in the vacuum electrodes.

LIST OF ELECTRODES

UE 29

Haemorrhoid

Electrode,

diameter $\frac{6}{10}$, $\frac{9}{10}$, $1\frac{1}{10}$ in.



UE 33

Rectal Dilator, dia-

meter $\frac{6}{10}$, $\frac{9}{10}$, $1\frac{1}{10}$ in.,
for simultaneous treatment



of internal and
external haem.

UE 8

Spiral Heart

Electrode



UE 9

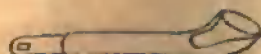
Chest Developer

Electrode, concave shape



UE 13

Cataphoric Electrode, with
aperture for insertion of
cotton-wool steeped in
medicament





UE 23
Throat Electrode,
insulated



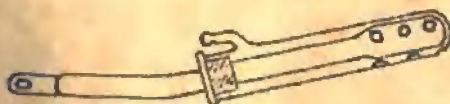
UE 11
Glass Saturator for
indirect treatment



UE 12
Penis Electrode



UE 26
Vagina Electrode



UE 28
Vagina Electrode,
insulated, with
perforation and
with mouthpiece
for bellow

UE 16

Eyelid Electrode



UE 18

Eye Electrode, single



UE 15

Cautery Electrode, for
removing warts, etc.



UE 20

Nose Electrode,
insulated



UE 21

Ear Electrode,
insulated





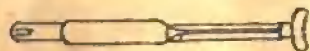
UE 51
Dental Electrode, with
flat top, for intro-
duction of chemical
solutions



UE 57
Cataphoric Electrode for
Dentists



UE 56
Dental Electrode, pointed
shape, for treatment of
abscesses



UE 58
Electrode for treatment
of front gums



UE 60
Electrode for internal
treatment of gums of jaw

UE 43

Massage Roller



UE 41

Ozone
Inhaler with
spray



UE 36

Nerve Brush



Test Tube UE 0.





UE 1

Surface Electrode



UE 2

Condenser Electrode, for
special treatment of
rheumatism, etc.



UE 4

Neck and Nape Electrode,
for external treatment



UE 6

Comb Electrode, for care
of hair and treatment of
scalp



UE 7

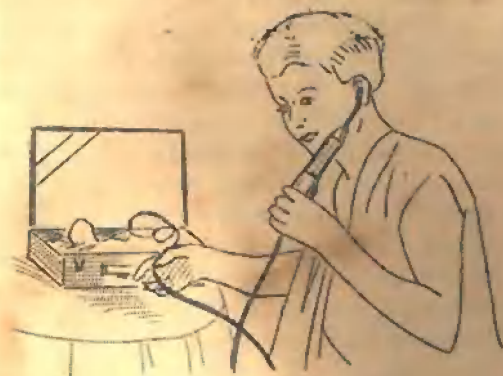
Spinal - Electrode

A P P E N D I X .

WHITLOW is a popular term applied to all inflammations of the deep-seated tissues in the fingers, whether the structure affected be the root of the nail, the pulp of the finger-point, the sheaths of the tendons that run along the back and front of the fingers, or the bones.

Symptoms are a throbbing pain in one of the fingers, later swelling and redness round the root of the nail or in front of the finger. In severer forms the whole hand becomes swollen, the glands in the armpits enlarge, there is general feverishness and symptoms of blood-poisoning may appear. When the tendon-sheath becomes inflamed, the tendon may be destroyed. Warm fomentations e.g. of boracic lint, and an opening through the tough skin form the proper line of treatment. Radiate twice daily for 4 - 6 minutes with the electrode UE 1.

CONSTIPATION is a chronic condition in which the bowels are opened too seldom or incompletely. This must be carefully distinguished from acute obstruction, a much more serious condition. A constipated condition may be caused by a deficiency of bile, sedentary employment, drinking water of a certain quality, piles, chlorosis, neurasthenia, some diseases of a constitutional nature,



Ear treatment
with the Electrode
UE 21.

e.g. diabetes etc. mechanical obstruction by undigested remnants and other local causes. When the condition has become habitual, the whole digestion is thrown out of gear. The other bodily functions become impaired also, so that bloodlessness, headache, debility, loss of memory and tendency to apoplexy are all common occurrences. The diet is of vital importance. Treat with electrode UE 1 on abdomen for 5 - 6 minutes twice daily, and with electrode UE 33 in rectum for 3 minutes twice daily.

NEURALGIA. In its strict sense it means the existence of pain in some portion or throughout the whole of the distribution of a sensory nerve without any distinctly recognizable structural change in the nerve or nerve centres. This strict definition however would not be applicable to a large number of cases of nerve pain, which in many instances is connected with pressure on, or inflammation of the nerve. Hence the word is generally used to indicate pain affecting a particular nerve or its branches, whatever the cause.

As a rule neuralgia betokens a depressed or onfeebled state of health. It often affects the gouty or rheumatic. In weakened conditions of the system from unsuitable or insufficient food or as a result of any drains upon the body, or in anaemia from any cause, or when certain disease poisons are present, it is common for neuralgia to come on. Further any strain upon the nervous system, such as overwork or anxiety, is a powerful predisposing cause. Among the exciting causes of an attack of Neuralgia by far the most common is exposure to cold and damp. But irritation may be produced by numerous other causes such as bruising a nerve by blow, a decayed tooth, diseased bone, local inflammations, or some other source of pressure upon a nerve trunk. Also a foreign body when situated close to a nerve. Further there are causes of a reflex character which are capable of setting up Neuralgia at a distance, such as intestinal or uterine derangements.

Those cases in which, after removal of a piece of nerve, inflammatory changes and thickening of the nerve-sheath are found, receive the name of NEURITIS, but as regards the question of pain, there is no difference between Neuritis and Neuralgia due to other causes, except that pain caused by neuritis tends to be continuous and is very difficult to treat.

(Treat Neuritis with the electrode UE 2 with cap for 4 - 6 minutes twice daily and apply ointment after that treatment.)

One of the most common forms of Neuralgia is FACIAL Neuralgia and one of the most severe. It is usually confined to one side. INTERCOSTAL Neuralgia is a pain affecting the nerves which emerge from the spinal cord and run along the spaces between the ribs to the front of the body.

SCIATICA affects the great sciatic nerve which emerges from the pelvis and runs down the back of the thigh. It is also often connected with a rheumatic or gouty constitution. Treat with the electrode UE 2 with cap for 4 - 5 minutes twice daily and apply ointment afterwards.



Treatment of the leg
with the electrode
UE 1 with cap.

NEURITIS means inflammation affecting a nerve or nerves which may be localised to one part of the body. In cases of LOCALISED Neuritis the fibrous sheath of the nerve is usually at fault, the actual nerve-fibres being only secondarily affected. This condition may be due to inflammation spreading into the nerve from surrounding tissues, to cold, or to irritation by pressure on the nerve, and the symptoms produced vary according to the function of the nerve, in the case of sensory nerves being usually neuralgic pain, in the case of motor nerves more or less paralysis in the muscles to which the nerves pass.

In multiple Neuritis, which is always due to some general or constitutional cause, the nerve fibres themselves in the small nerves degenerate and break down. The cause of this degeneration may be said, in general terms, to be in every case some poison either taken into or produced in the body and circulating in the blood. Treat with electrode UE 2 with cap for 4 - 6 minutes twice daily and apply ointment afterwards.

ARTHRITIS means inflammation of a joint or joints. The chief forms are rheumatic, gouty, rheumatoid, gonorrhoeal, tuberculous or traumatic (due to wounds or injuries). Radiation should be applied only in subacute and chronic cases. Use electrode UE 2 with cap and radiate for 3 - 4 minutes twice daily. Apply ointment afterwards.

CONJUNCTIVITIS or inflammation of the conjunctiva (Mucous membrane connecting inner eyelid and eye ball) is a very common eye affection. Micro-organisms are the cause of nearly all cases of acute and subacute conjunctivitis. Its most characteristic sign is that the affected eye becomes red or bloodshot, which is due to the dilatation of the numerous vessels which ramify over the conjunctival surface. In severe cases there may be very great pain. The discharge from the eyes in the early stages is thin and serous, but assumes more or less the character of pus after a few days. An attack

of acute conjunctivitis lasts for 1 to 2 weeks.
Treat with electrode UE 18 for 2 - 3 minutes twice daily.

GUMBOILS (*Pyorrhoea alveolaris*) or Rigg's disease is a condition of suppuration within the sockets of the teeth in which large quantities of pus are produced round the teeth and are swallowed with the food, so that increasing ill-health results. The condition is often confused with the much milder state of inflammation of the gum margins, known as GINGIVITIS. The cause is not known, so in some cases it is attributed to the presence of an amoeba within the tooth socket. The condition is associated with various diseases in which there is marked loss of vitality, like pernicious anaemia and chronic inflammation of the joints. Radiate twice daily with electrodes UE 50 and UE 58 for 2 to 3 minutes.

ARTERIO-SCLEROSIS which is a condition of thickening and rigidity affecting particularly the middle coat of arteries, comes on as a natural change in old age, but in some persons the change tends to come on early in life, while certain diseases, of which the chief are gout, syphilis, alcoholism, and lead-poisoning bring it on in middle life.



Treating the stomach.

The results are general debility with wasting of the muscles, failure of appetite, tendency to faints and fits, headaches, coldness of the hands and feet with great liability to gangrene, and most important of all, an early failure of mental power due to thickening and blocking of the arteries in the brain. There is a great liability to apoplexy. All acute diseases are more serious in such a person. Treatment with High Frequency Violet Rays is most beneficial. Radiate twice daily for 4 minutes with electrode UE 2 with cap.

HIGH BLOOD PRESSURE is a circulatory state from any cause, in which the pressure of blood within the arteries becomes elevated beyond normal limits. In general the term includes any raised arterial pressure, whether temporary, intermittent, paroxysmal or permanent, involving systolic pressure, diastolic pressure, or both, of renal or non-renal origin. High Blood Pressure is the symptomatic expression of some underlying cause or causes, as yet imperfectly understood. Elevation of blood pressure begins as a transient functional phenomenon in those disposed by heredity or constitution to an overresponsive vasomotor system when exposed to psychical or physical stress. In later life it may be a reaction to the hurry and strain of modern civilisation in the form of heightened excitability of the vasomotor centre.

Effects of long-continued High Blood Pressure on the system of heart vessels: the muscular tissues of the heart, arteries and arterioles become hypertrophied. Loss of the power of speech, a slight or temporary paralysis of one or more limbs, or blindness serve as warning signals of a notable increase in blood pressure or of small localized haemorrhages in the brain. The kidneys may also be affected. Symptoms generally include coldness in the extremities, digestive disturbances, malnutrition, difficulty in breathing, palpitation, fatigability, pressure headaches, migraine, occasional

noises in the head and defective vision, dizziness, anxiety states, neuralgia, irritability.

There is difference of opinion as to whether protracted high blood pressure favours the development of arteriosclerosis. High Blood Pressure and Arteriosclerosis may run their courses independently of each other. Physical measures of control include rest, exercise, deep breathing exercises, resistance exercises, muscular relaxation, light massage, hydro-and balneotherapy, fasting and regulation of diet. A particularly effective means of obtaining relief is offered by radiation with a High Frequency apparatus.

Use electrodes UE 1 and UE 2 twice daily for 6 minutes alternately on neck, abdomen and calves. Also use electrode UE 8 for the heart 2 - 3 times weekly, and electrode UE 41 for inhalation 4 - 5 times weekly.

WOUNDS. A wound is any breach suddenly produced in the tissue of the body by direct violence. An extensive injury of the deeper parts without corresponding injury of the surface is known as a bruise or contusion. Four varieties are usually described: incised, punctured, lacerated, and contused. The reaction of the tissue to an injury is similar to that produced by another irri-

tation viz. an inflammation which finally heals the part. The new tissue formed is mainly fibrous tissue. Healing of wounds will be effectively promoted and bleeding



Treatment of
Lumbago with
Electrode UE 1.

stopped by applying High Frequency radiation. Treat with electrodes UE 1 and UE 3 twice daily for 2 - 3 min.

ECZEMA consists of an inflammation of the true skin, of catarrhal character, together with the formation of papules, vesicles, or pustules, attended with more or less discharge, and with itching and other symptoms of irritation. It cannot be regarded as a disease itself, but is really a symptom denoting the reaction of the skin to various forms of irritation. It may be either acute or chronic and presents itself in a variety of forms. It is usually best treated by attention to the general health, and by a simple and carefully regulated diet, while locally, apart from some soothing application, treatment by radiation with the High Frequency apparatus will be found of benefit. Use electrode UE 1 two or three times daily for 4 - 5 minutes; in serious cases use electrode UE 15 for 1 - 2 minutes.

SEBORRHOEA is a term applied to describe an accumulation on the skin of excessive sebaceous (oil-forming) secretion mixed up with dirt and forming scales, or a distinct encrustation. On the head (where it is commonly seen) it may interfere with the nutrition of the hair and cause partial baldness. The treatment is local, the crusts may be softened with oil and the affected skin regularly washed with superfatted soap. Weak ointment also aids their disappearance. The fatty sebum frequently accumulates in the sebaceous ducts, giving rise to minute black points so often noticed on the face, back and chest, to which the terms black-heads and comedones are applied. Better blood circulation, brought about by the stimulating application of Violet Rays will prevent this condition. Use electrode UE 6 twice daily during 4 - 5 minutes for scalp; and electrode UE 1 for other parts of the body.

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Duplicated for Julius Platus, of
349 Livingstone Rd., Marrickville,
by Rudolf's Typing & Translation Service,
77 King Street, Sydney.